

The Wellstreet Journal

Vol. 12

Los Alamos National Laboratory
Wellness Center and Positive Health Directions

February 1999

February is National Child Passenger Safety Awareness Week 14-20

Whether it's riding in a car, pedaling a bicycle or just crossing the street, make sure precautions are taken to protect children. A Presidential Initiative for increasing seat belt use was presented in April 1997. Included in this initiative are new goals to reduce child (0-4) occupant fatalities. Goals include reduction in child fatalities by 15 percent in 2000 and by 25 percent in 2005. Closing the gaps in current child passenger safety laws will be necessary to meet the proposed goals.

Reminders for parents from the National Highway Traffic Safety Administration:

- The rear seat is the safest place for children of all ages.
- Infants (less than one year of age) should never be carried in the front seat of a vehicle. Infants must always ride in the rear seat with the child safety seat facing the rear of the car.
- Children should not ride with the shoulder belt tucked under their arm or behind their back.
- Make sure everyone is correctly buckled up. Unbelted or improperly belted occupants can be hurt or killed by the deploying air bag.

Taken from the National Highway Traffic Safety Administration <http://www.nhtsa.dot.gov>

Celebrate National Nutrition Month

The Wellness Center is sponsoring a nutrition incentive program (*Colorful Choices*) to give your fading New Year's resolutions a spring boost! The national theme for Nutrition Month 99 is *Take a fresh look at nutrition*.

- To register for this self-paced program and be eligible to win weekly prizes, contact the Wellness Center at 7-7166 –or– register by following instructions on the Wellness Center web page. (Class: #5021 Nutrition Month). Nutrition Month packets will be mailed to program participants by March 1.
- Everyone is welcome to participate.

Wellstreet Food Court

American Heart Month is here, and National Nutrition Month is coming. Here's a recipe to put the slogan "5 a Day"—eat a minimum of 5 vegetables and fruits daily—in action. Adapted from an American Institute of Cancer Research (AICR) recipe.

Cauliflower with Ginger

- 1 small head cauliflower, chopped into 1 to 1 1/2-inch florets (about 4 cups), • 1/4 cup hot water,
- 1 Tbs. mild vegetable oil, such as canola, • 1/2 tsp. cumin seeds, • 2 Tbs. fresh gingerroot, minced,
- 1/2 tsp. turmeric, • 2 tsp. lemon juice, • 2 Tbs. fresh cilantro, chopped. Heat the oil in a large skillet over medium-high heat, about 30 seconds. Add cumin and sauté until the seeds turn dark brown, about 10-20 seconds. Add ginger, turmeric, and the cauliflower and stir to distribute spices. Add hot water, reduce heat, cover and cook until the cauliflower is crisp-tender (about 20 minutes). Stir gently once part way through cooking. When cauliflower is almost ready, remove cover, increase heat to medium and gently stir-fry to evaporate any moisture and lightly brown cauliflower (about 5-10 minutes). Add lemon juice and chopped coriander, toss lightly and serve promptly. Serves 4; per serving: 58 calories, 4 grams fat.

Newsletter QU?Z

Test your knowledge from the January 1999 Welcoa newsletter.

1. What is the overall reason why most New Year's resolutions fail?
2. What percentage of our basic temperament is determined by our DNA?
3. True or False? Dr. Andrew Weil suggests a "news fast" once a week to reduce stress.

February is Wise Health Consumer Month

To assist LANL employees in making wise health-care decisions, the health promotion program Positive Health Directions offers the following resources:

- Health Connection, a 24-hour-a day, 7 days a week, health advice hotline managed by nurses at the Mayo Clinic.

- Take Care of Yourself, a medical self-care guide that was distributed to LANL employees over the past year and a half.

Through February 28 during Wise Health Consumer Month, **complete a Take Care of Yourself survey for your chance to win a \$100 gift certificate to Ten Thousand Waves in Santa Fe.** The survey can be accessed from the Positive Health Directions web page.

* *Health Connection is only available to LANL employees enrolled in one of the UC medical care plans. Contact Jessica Kisiel for a Health Connection packet or Take Care of Yourself book, 665-4368.*

Stress Buster

When was the last time you were excited to see the words, "You've Got Mail!" on your computer screen at work? Many of us feel overwhelmed with the mountain of electronic information we receive on a daily basis. Here are a few strategies for keeping the information flow under control.

1. As you do with hard copy mail, handle your email only once.
2. Open your email when you have time to take action, and then either trash it or file it.
3. To keep your email organized, talk to your group's computer expert to find out how to create files for email you want to save.

For more ideas about how to manage the information overload at work, read Jeff Davidson's "The Complete Idiot's Guide to Managing Stress." You might also try carving out some time each day where you "unplug" and get away from the noise of the computer, the phone, the fax machine, and the pager. Go outside for a nice 10-minute walk. You'll come back to your office refreshed and ready to tackle that new stack of email.

Nominations for Healthy Living

Nomination from Carrie Borrego, ESH-2

Sylvia Herrera, BUS-DO, lost 50 pounds in the past year, and she did it "without dieting or depriving myself." She attributes her success to cutting back on fats and sweets, along with an exercise program that includes water aerobics. Participating in the classes "makes it more fun." Herrera's biggest reward is that she has more energy for other pursuits. Way to go, Sylvia!

We need your nominations! If you work with someone who has made a notable healthy lifestyle change, or who has been instrumental in motivating others that you would like to recognize please send a brief text to wsj@lanl.gov.

Health Happenings Calendar

March

National Nutrition Month

National Poison Prevention Week 21-27

Occupational Medicine will provide information on inhalants, along with tips for "spring cleaning" your home medicine cabinet.

April

Cancer Control Month

National Youth Sports Safety Month

National Public Health Week 5-11

1999 WalkAmerica 24-25

Wellness Center Classes

- New 4-week dance class: Jazz Workout for Beginning Dancers #370, 12:00–1:00 PM, Fri., Mar. 5–26. Fee: \$16.
- Space still available: STEP Express #1797, 1:05–1:55 PM, Wed. & Fri.
- Tai Chi continues on Mon. & Thur. evenings, 7–8 PM. Fee: \$32/month.

All regular exercise classes are prorated and may be attended on a space available basis starting any time during the quarter.

Spring Quarter (April-June) registration begins Monday March 22. Registration forms and class brochures are available at the Wellness Center, Otowi lobby or on-line.

The Wellstreet Journal is a quarterly publication of Positive Health Directions (PHD) (HR-1/ESH-2) and the Wellness Center (ESH-2). Comments can be sent to wsj@lanl.gov or Marta Gentry Munger 667-7166 or Jessica Kisiel 665-4368. PHD http://www.hr.lanl.gov/html/positive_health/ Wellness Center <http://drambuie.lanl.gov/~wellness>



Newsletter QUIZ Answers:

1. Set unrealistic goals 2. Fifty percent 3. True